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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION
Commodity Credit Corporation
Office of Supply
U.S. Dept. of Agriculture
Production & Marketing Admin.

November 1945

FOOD NEWS

Plant cafeterias the country over will be featuring carrots, cabbages, white potatoes, and sweetpotatoes in November. These old-time favorites are the foods of the month. Workers in plants in the Northeast, South, and Central West will find cauliflower offered frequently in many delicious ways.

Carrots are tops

The story of the carrot's climb to the lofty position science gives it today is a typical American success story. When carrots were first introduced into this country, they were considered weeds. The Dutch were the first to cultivate them, and they introduced them into England during the reign of Queen Elizabeth. English ladies were said to use carrot tops as plumes on their favorite hats.

Carrots are high in Vitamin A, and they contain other vitamins and minerals in smaller amounts. It's vitamin A that helps to maintain healthy skin and membranes and helps us resist infections. Vitamin A is also essential for good vision and a liberal supply in the diet improves night vision and prevents "night blindness." Carrots are one of our best sources of vitamin A, so no wonder the scientists sing its praise.

Choose carrots often when you find them on the cafeteria counter. Eat them cooked or raw for the vitamins and minerals they contribute to your daily diet. Use them liberally at home, too.

Eat a lunch that packs a punch

A well-balanced lunch is body fuel, necessary to carry us through a full day. If we wish to avoid that over-tired feeling when our working day is done, we'll choose a good lunch. Whether you eat in the plant cafeteria or bring your lunch from home you can get the vital body fuel you need if your lunch is well-balanced. Remember, a good lunch should supply about 1,000 calories and one-third or more of the daily food needs.

USDA - Production and Marketing Administration - 821 Market Street, Room 555
San Francisco 3, California

A well-balanced box lunch

The family lunch packer will include, for health's sake, the following foods in the lunch box every day:

1. Protein-rich food (meat, fish, poultry, cheese, eggs or peanut butter).
2. Enriched or whole-grain bread. Vary the bread from day to day. Use oatmeal, raisin, graham, and fruit breads occasionally to add interest.
3. Butter or fortified margarine. Spread it clear to the edge of the bread to keep the filling from soaking into the bread.
4. Milk. As a beverage or in the form of custard, or a pudding, or cream soup.
5. A green or yellow vegetable. Lettuce, celery curls, raw carrots and yellow turnip sticks add crispness and vitamins.
6. Fruit or fruit dessert. Apples, oranges, bananas, and dried fruit are easy to pack. Include a stewed or canned fruit in a covered jar now and then.

For morale include:

1. A hot food, especially in cold weather. Put a cream soup, vegetable soup, hot chocolate or perhaps chili con carne or a stew in the thermos bottle.
2. A surprise. Potato salad, raw vegetable or fruit salad, baked beans in a covered jar.
3. A sweet. Cake and cookies are good lunch box desserts - they add calories and help to "finish" the meal.

Lunch Box Menus

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|--|--|
| 1. | 2. |
| Meat loaf sandwich on whole-wheat bread. | Cream of tomato soup |
| Cream cheese and jelly sandwich on enriched bread. | Chicken salad sandwich on enriched bread |
| Crisp carrot sticks | Sliced luncheon meat on rye bread |
| Orange | Crisp turnip slices |
| Oatmeal cookies | Apple |
| Milk | Chocolate cup cake |
| | Beverage. |
| 3. | 4. |
| American cheese sandwich in enriched bread | Corned beef sandwich on whole-wheat bread |
| Peanut butter and bacon on whole-wheat bread | Chopped prune and nut sandwich on enriched bread |
| Cole slaw | Celery hearts |
| Fresh grapes | Apple sauce |
| Milk | Ginger cookies |
| 5. | Milk |
| Tuna fish salad sandwich on enriched bun | |
| Cream cheese sandwich on nut bread | |
| Fresh pear | |
| Peanut butter cookies | |
| Milk | |

TAKE HOME IDEAS

Thanksgiving's coming

When selecting your Thanksgiving turkey, look for these marks of quality:

1. Clean, tender skin with few pin feathers and no bruises or discolorations.
2. Well-fleshed breast and thighs and a generally plump appearance.
3. Covering of fat under the skin on the breast, legs, thighs, and back.
4. Short body and broad breast indicate a meat bird.

Allow about 1 pound of turkey, dressed weight, for each person to be served.

Here's a delicious Thanksgiving dinner menu which all members of the family should enjoy:

Thanksgiving Menu

Fresh fruit cocktail
Roast turkey with dressing
Cranberry sauce
Mashed potatoes* - Giblet gravy
Parsley-buttered cauliflower*
Relish tray: Carrot* sticks, celery
 curls, green olives, watermelon pickles

Pumpkin pie with cheese
Coffee

*Plentiful foods

More about carrots

When carrots aren't good to eat it may be the fault of the cook, not the carrot. If you will make the most of the flavor, vitamins, and minerals in carrots, cook them this way:

1. Scrape young carrots lightly and cook them whole in a small amount of boiling salted water.
2. Cut large carrots into strips or slices and cook them in enough boiling salted water to bubble up through the carrots.
3. Cook carrots until they are tender but don't overcook them.
4. Serve the juice left in the cooking pan with the carrots or add it to the soup or gravy.
5. Season the cooked carrots with butter or margarine and serve them piping hot.

Serve them raw for color and crispness, as a relish or in salads. Make tasty raw salads combining carrots with cabbage; carrot, apple, and raisin; carrot, celery, and green pepper; carrot and pineapple molded in lemon jello. Remember, crisp carrot sticks in the lunch box are good with sandwiches or between meals.

HEALTH HINTS

Dr. Henry C. Sherman of Columbia University in New York City found that a liberal amount of vitamin A increases the life span of white rats. One group of rats fared well for 58 generations on a "good" diet, while another group, which was given the same diet but twice as much vitamin A, lived much longer. Perhaps men, as well as rats, would enjoy a longer life and better health if they had a liberal amount of vitamin A in their diets.

If you drink a pint of milk a day, spread your bread with butter or fortified margarine, and eat one or more servings of leafy green and yellow vegetables every day, you will probably obtain the vitamin A you need for good health.

Editors please note:

You can help us make this release more interesting if you suggest food and nutrition topics which will interest your workers most. Write suggestions in the space below and mail at once to:

INDUSTRIAL NUTRITION SERVICE
Production and Marketing Administration:
U.S. Department of Agriculture
Washington 25, D. C.

Our workers would be interested in the following food and nutrition topics:

Editor and Publication

Plant Name

Address

Federal Security Agency
U.S. PUBLIC HEALTH SERVICE
Washington, D.C. (Bethesda Station)

Division of Public Health Methods

The Public Health Service announces the release of a sound slide-film series entitled OUR HEALTH IN YOUR HANDS, intended for use in teaching sanitation to personnel of eating and drinking establishments.

Copies of the series have been made available to all State health departments and Public Health Service district offices, and may be purchased from Castle Films, Inc., 30 Rockefeller Plaza, New York, N.Y. The price of the complete series is \$10.00, less 10% discount to schools and other non-profit institutions.

OUR HEALTH IN YOUR HANDS consists of 4 film strips and two double-face, 16-inch, 33 1/3 r.p.m. recordings. Each runs from 10 to 15 minutes. They are:

GERMS TAKE POT LUCK -- showing how germs cause disease, how diseases may be spread -- particularly in restaurants -- and how restaurant employees can do their part toward protecting the health of the nation by following correct sanitation practices. (76 frames).

SERVICE WITH A SMILE -- illustrating in photograph and narrative the need for attention to personal health, ways to keep well, and safe clean practices in serving food. (63 frames).

IN HOT WATER -- the correct way to wash dishes, handle, and store them. Hand dishwashing is shown step by step. A briefer sequence shows the operation of a single-tank dishwashing machine. (75 frames).

SAFE FOOD FOR GOOD HEALTH -- recommendations as to safe buying, safe preparation, safe serving of food, and how to protect it from contamination. (81 frames).

The value of educational methods in restaurant sanitation is gaining widespread recognition. Many health departments are conducting or planning training courses for restaurant employees. OUR HEALTH IN YOUR HANDS was designed for their use. It is suitable also for training programs in industry, which are devoting increased attention to the public health aspects of restaurant operations.

OUR HEALTH IN YOUR HANDS was produced by the Public Health Methods Division for the Milk and Food Section, Sanitary Engineering Division, U.S. Public Health Service.

